



PRINCIPAL'S MESSAGE

The International Day of Non-Violence marks the 153rd birth anniversary of Mahatma Gandhi, the renowned global icon of peace. As the world grapples with violence in the form of environmental destruction, mindless killing, sexual assault, human trafficking, and many more evils.... Mahatma Gandhi's vision of peace and sustainable development continues to resonate across the world.

To quote Bapu, 'Character cannot be built with mortar and stone. It cannot be built by hands other than your own'. He exhorted students to 'Put all your knowledge, learning in one scale and truth and purity in the other, the latter will by far outweigh the former'.

The wisdom and teachings of the Father of the nation are gems to people from every walk of life. The quality education, our students receive at St Agnes PU College surely go a long way and lays a strong foundation for their entire life. The positive response that every situation evokes in our students be it in academics or extra-curricular activities is testimony to the holistic growth of true Agnesians.



Sr Norine Dsouza A.C.



TEACHERS' DAY



Teaching is a very noble profession that shapes the character, caliber and future of an individual. The contribution and efforts made by teachers never go unnoticed. We, the students of St Agnes PU College, celebrated teachers' day on 5 September 2022. The college cabinet, student council and students were enthusiastically awaiting for the teachers in the auditorium. We began the programme with the blessings of the Almighty. Students of the science stream sang melodiously while the students from the commerce batch made us travel to the 90's through the Bollywood retro dance.



The college cabinet and student council members conducted various games on 2 September in our college ground for teachers on the occasion of teachers' day. All the teachers participated actively. We were awaiting for the teachers to play, dance and have fun. The best part I ever did was cheering my teachers. We were happy to see our teachers having fun.

Last but not the least.

THEY GUIDE US

THEY SUPPORT US

THEY TEACH US

THEY INSPIRE US

We are proud of you dear teachers.



SHARVARI
II PCBH



PAINTING COMPETITION

Every artist was once an amateur. I believe art is all around us, it has always been something very important to me. Painting is a beautiful art of colors. It requires creative skills to paint images on any surface. Every time I sit to paint, I challenge myself to create something beyond any other intellectual or creative pursuit that I have experienced. The aim of art is not to represent the outward appearance of things, but their inward significance.

Norse mythology has a unique presence in visual art. In my painting I have represented the Norse Goddess, Freya. She is a God associated with love, fertility, battles and death. The daisy is Freya's sacred flower which symbolises childbirth, motherhood and new beginnings.

Every painting has its own beauty, but not everyone sees it. Although many people may enjoy my artwork, there is never a need to create art for others. Instead, I create art for myself and watch as other people take notice and respond to it which is the happiest part of being an artist.



ADELINE DSOUZA
II BSBA



AGNATHON

Tulunadu has a rich culture and heritage. The people, known as 'Tuluva', speakers of Tulu, are the predominant ethnic group of this region. Yakshagana is a night-long dance and drama performance practised in Tulu Nadu with great fanfare. Pilivesha is a unique form of folk dance in the region fascinating the young and the old alike, which is performed during Dussehra and Krishna Janmashtami. Karadi Vesha is a popular dance performed during Dussehra.

With TULUNADU being the theme of Agnathon 2k22, we began the event in a grand manner. We were thrilled to have the chief guests Mr Bhaskar Rai Kukkuvali and Mr. Walter Nandalike in our midst. The students invoked God's blessings through a song of praise. The chief guests, participants, staff and students were welcomed with a heart-warming dance performance. Mr Walter Nandalike then revealed the prestigious trophies.

Various competitions were held, and many students of different high schools and colleges contested. Competitions like Shilpa Chathurya (Soap Carving), Isiri (Jewellery making), Dhrishyam (Photography), Hrudaya Veene (Bhavageethe), Vijnana Roopakam (Science Drama), Star of Agnathon, Charutha (Fashion Show), Vaibhav (Variety), Jignasa (GK Quiz) were held. The contestants of these events participated with great enthusiasm and a strong winning spirit..

It was an amazing experience watching them perform with so much passion. I was inspired by their never give up attitude and their will to win.

The valedictory program commenced with a classical hymn by the students of our college. The guest of honour, Mr. Patla Satish Shetty sang a few lines for us. It was an honour to watch him perform. The program was then followed by the announcement of the winners of the day. The students danced to their hearts content and had fun. I'm sure that all those who were involved in Agnathon 2k22 will treasure the memories of this eventful day forever.



JEAN OLIVE VAZ
II PCMC





Agnes PU college celebrated "Girl Child Day" on 12th September in the college auditorium. The chief guest of the programme was Mangalore Police Commissioner, Mr Shashi Kumar. The chief guest was welcomed by the NCC students. The programme started with invoking God's blessings.

Mr Shashi Kumar distributed scholarships to the students. He gave an impressive and a powerful speech which motivated me a lot, and I was totally inspired by him. He sang the song "Kesariya" so beautifully that it lightened up the entire auditorium.

I liked the performance given by the students of Agno-Girls committee. They highlighted the different problems faced by girls in our society and created social awareness through a skit which filled my eyes with tears.

The purpose of this day is to spread awareness about the gender based discriminations that girls face in our society and to bring about change in the attitude towards girls.



SAKSHI SHETTY
I PCME

HINDI DAY

ल च ठ म ख ज

On 14 September 1949, the Constituent Assembly of India decided by one vote that Hindi would be the official language of India. Hindi Diwas is hence celebrated every year on 14 September to mark this day.

Hindi day was celebrated in our college on 15 September 2022. A special program was planned for the day. The program began with a prayer song. Students took part in various dance performances on the theme 'Unity in diversity' where they showed the diverse cultures of various Indian states. The PPT presentations were not only attractive but were very educative. They helped us in learning various aspects from the field of Hindi language and literature.

The chief guest, Dr. K.V Umashankar, Professor, Govt. PU College Kanyana, stated the significance of Hindi language while following the value of Unity in a country like India where there is such diversity in languages, religions, customs, traditions etc. He also mentioned the contributions of prominent writers and poets in the field of Hindi literature.

It was indeed a well-organized program which created interest in understanding the importance of Hindi. It helped in enriching our knowledge and created awareness about the rich and varied culture and heritage of India.



CRYSTAL MARTIS
II SEBA-B



PICK AND SPEAK

“If you can speak, you can influence people. If you can influence people, you can change lives”.

On 13th September 2022, Reverberation- A Pick and Speak competition was conducted by the faculty of the Physics Department of St Agnes PU College. Thinking on who would be the next speaker kept us all on pins and needles. Being the last entrant into the venue, made me Maria in the movie – The Sound of Music and to my surprise I turned out to be the third competitor in line.

When the time came up, I was hesitant. My mannerisms made my friends chuckle and giggle. As I went to pick a chit, I mumbled a prayer. My mind was flooded with thoughts. I felt ambivalent, what if I am not able to speak on the topic. With my hands trembling, I unlocked my subject concealed in the chit and I was thrilled.

‘If I met my favorite actor.’ Honestly, I was clueless on what to say. Begging for time left me with the clock ticking and I had to begin. And here I go with the man of my dreams. I was strolling by the side walk reading my novel, when Chris Tucker riding his bicycle looked at me from the side of his eyes and stretching out his hand, said, “At your service, miss.” I didn’t give a thought instead jumped on his bicycle and we left on a long ride. My world was a garden of roses as we strolled along together. We didn’t mind the “sniffer dogs” who spied on us at every nook and corner. Just then my mom woke me up and I realized that it was only a dream. I felt elated waking up with lovely thoughts of a celebrity whom I respect and also admire.

I felt good as I got off the stage. Though the first few minutes seemed like a predicament but as I got the hang of it, words flowed like the river and I felt enthralled with myself. As the competition progressed, I witnessed my friends speak on various topics like “If I entered a gents washroom”, “What would I steal from the Queens palace” and “If I had super powers”. “If my bank account was credited with one crore” and “How I overcame fear”. There were also a few who had a chance to share their experiences on “Online classes” and “Smart classes”.

Public speaking and good communication are a part of personality development. We were definitely provided with an opportunity to open up and showcase our abilities and knowledge on various topics. It also helped us to broaden our outlook in a wide range and discover our hidden self and reveal the unknown facts. I felt overwhelmed when the results were announced as I won the second place.



PIA CARMEN ARANHA
1 PCBH



ZUMBA SESSION



Zumba is a fitness programme conducted from 4 pm to 5pm in our college. Zumba classes are taught by instructors licensed by zumba fitness. In each zumba class, which is around one hour long, a participant can burn up to 600 cal, depending on the intensity. The music combines the dance styles of salsa and hip hop music. Zumba offers different proponents of the zumba programme claim that it is safe for people of all ages. Besides it is a very high calorie burning benefit. Zumba can help lower the risk of heart disease, reduce blood pressure and LDL Cholesterol and increase HDL Cholesterol. I am so happy to be a part of these amazing classes. It helps me to be fit and healthy. It's a new experience to do various activities with chairs, listening to music and dancing.



AMALA JASMINE
II BEBA/BSBA

SELF DEFENCE



Self-defence classes which are being conducted in our college are very useful and helps us to improve awareness about ourselves and the society. It also helps to boost our confidence. The self-defence classes in our college were conducted every Tuesday's and Thursday's from 3:30 p.m. to 4:30 p.m. after classes. We gained a lot of knowledge and learnt many ways to defend ourselves. We gained a lot of confidence after attending these classes. "If you don't respect yourself, how can you do the same for others?". In the sense these self-defence classes helped us be a good interactor socially and boosted our own self-respect. I would love to thank our sir for teaching us how to interact socially, how to be strong and most importantly how to defend ourselves.



VAYOLA
I PCMB 'C'



NCC SELECTION FOR I PUC

I remember the day when I came to know about NCC selection, I was very excited to join NCC, as NCC gives an opportunity to make oneself a better human being. On the day of selection I was very nervous and excited too. We went through different physical tests and group discussions and we also had an actual interview. I was happy that I completed all the tasks well. Few cadets were selected and I was very happy when I came to know that I was selected too. Few of my friends were not selected but were motivated to be more competent the next time. It feels great to be a member of the national cadet corps.



**SHAMA M.
I HEPP**



SYNODAL CHURCH

Synodality is a word that most Catholics have come across multiple times in church, but how many of us know what it exactly means? Essentially, synodality means walking together on the path of the Lord, but it is much more than that. Thus, I sincerely appreciate the efforts made by our college to offer the Catholic students a very informative lecture on 'Synodality' on 14 September 2022.

Fr. Dixon Lawrence D'souza, who led the session, enlightened the students about the true meaning of Synodality. We learned that synodality emphasizes genuine communication and active participation among each member of the church: the parishioners as well as the members of the clergy. Therefore, synodality invites the whole church to express its thoughts and opinions. During the lecture, Fr. Dixon pointed out that each person is an integral part of the church, and every individual must renew and relate to the insight of Pope Francis in transforming the church into a listening church. Fr. Dixon then introduced us to the concept of the inverted pyramid. "Do you think the church is hierarchical?" he asked, eliciting whispers of approval from the audience. But to our surprise, he displayed a diagram of an inverted pyramid that explained power distribution in the church, in which the clergy members came last, and the people came first. The pyramid further reinforced his earlier statement regarding how crucial our participation is in transforming our churches into listening ones.

The last thing I want to mention is the explanation of the logo of synodality that Fr. Dixon provided us; A large structure in the shape of a tree represents the cross of Christ, and the orange circle that it lifts to the sky symbolizes the eucharist. Finally, we come to the illustration of several people walking together. These 15 silhouettes represent all of humanity in all of its variety of living circumstances. Young, elderly, male, female, teenagers, children, parents, couples, and singles are all treated equally, and the clergy stands among them rather than in front of them.

Altogether, I acknowledge that the event was a marvelous opportunity for us catholic students to strengthen our faith and truly understand how to satisfy our role as the children of God. All of us left the session with a comprehensive understanding of synodality thanks to Fr. Dixon's insightful speech.



JOANNA MARISKA JOSEPH
II PCMC



No one would have guessed that a virus-like Covid-19 would come and would alter the lifestyle of people. Due to Covid-19, many changes came to our world and it took some time for everyone to adapt to the new normal. The Covid-19 impact was everywhere, which resulted in the closure of schools and other educational institutions. Hence online classes became the need of the hour.

During this time, DKPUC association decided to organize you tube classes for all subjects. This indeed was helpful for the students to pursue education.

It was a great opportunity to be a part of this noble event. The classes were prerecorded and then telecasted on you tube channels. Shooting for the same was a distinct experience for teachers as it was divergent than the normal chalk and board method. The camera made us more conscious but yet it was a great experience to remember.

The District Level Education Conference 2022-2023, organized at Siddhavana Gurukula Ujjire on 16th September honored the chief organizers and staff involved in taking up you tube classes.

It was a great pleasure for me and my colleagues to be honored by the Education Minister , B C Nagesh , in the presence of Dr D Veerendra Heggade and Dr Mohan Alva .

The appreciation from the Principal and management overwhelmed us and motivated us to strive for better achievements.



MS LIEKITHA
DEPT OF BIOLOGY

INTERNATIONAL COASTAL CLEAN-UP DAY

Smell the sea and feel the sky, let your soul and spirit fly -Van Morrison.

September 17 is recognised as international coastal clean up day, which aims to make the sea and ocean cleaner and purer. On that day, programmes were held all over Mangalore to spread awareness among people. We, the NCC cadets along with the members of the Agno Angel club and our teachers represented our college in the cleanliness drive at Ullal beach. As we reached the beach, we were welcomed by the Indian coastal guards. We were allotted slots to clean the coast and were provided with necessary cleaning supplies. We were also given a cloth bag in order to motivate us to reduce the usage of plastics. Then we began with our cleanliness drive. As we finished cleaning the beach, we saw that the beach was ready to attract people by its beauty again. It was truly a wonderful and unique experience.



POOJA CHAUHAN
II PCMS

NATIONAL LEVEL TALENT SEARCH (JCI)



On 7th August 2022, I got a golden opportunity to answer the 'National Level Talent Search' examination conducted by JCI India. It was an online exam and I became a part of this Nationwide Mega event through JCI Surathkal. I got to know about this quiz competition through my class mentor, Shailaja ma'am, who always inspires and supports us. There were 80 multiple choice questions with 4 options as answers and students had to select the most appropriate answer among the four options given and a total of 45 minutes was given to each student to answer the questions. When I glanced through the questions, I was very happy as I knew the answers to most of the questions. I tried my level best to answer all of the questions. Almost after a month, when the results were declared, I was extremely glad to know that I had won the first place in the zonal level. I was honoured with a cash prize of Rs 5000 and a trophy and I was further happier because I made use of the opportunity given to me as nothing is more expensive than a missed opportunity. This award has boosted my confidence and improved my self-belief. I'll make sure to grab many such opportunities and give my best to attain success in the future.



ANANYA MADHU
II PCMB A

Outreach Programme



We, the students of I PCMB 'A' Batch visited Karunamaya old age home near Marnamikatte on 17th Sep. The inmates of the old age home were patiently waiting for our arrival. Their faces gleamed with joy when they saw us. We gave a small programme. They also showed their talents by singing melodious songs. We were amazed to hear them singing even at this age. We interacted with them. They shared their stories with us which made our hearts melt and our eyes fill with tears. We realised the importance of our grandparents, and that we should always value their feelings and acknowledge their contribution. When I looked at them I remembered my grandparents and thanked God for them. I missed them too. Finally the organiser of the old age home shared a few words about the journey of their old age home and how he and his family were able to extend their old age home from a small space to two rented houses now and thanked all the generous people who have been their supportive pillars in this good work.



R. DIMPLE
I PCMB 'A'

STUDENTS' DAY



Our college organised Students' Day on 23rd September 2022. Many of us were very happy that students' day was preponed and the exams were postponed. There was a smile on each and every student of our class as we were excited and thrilled to work together as a 'class' and prepare for the variety entertainment programme. We were truly happy and wanted to give our best and started preparing for it with total enthusiasm and energy. The preparations for this programme made us more closer and we started learning more about each other and found new friends too.

All the students were eagerly waiting to perform on stage. We saw many of our friends exhibiting their unique talents which was wonderful.

We later enjoyed the appetizing meals and dessert provided to us. As the stage was later handed over to the lecturers, we were surprised by their unique entry as they entered the hall with a mind-blowing dance performance. Some of the lecturers conducted games for the students including a game based on guessing the 80's and 90's Bollywood movies. The other teachers gave an exciting and exhilarating dance performance and a Bollywood themed drama was also enacted by the male staff of the college.





We were delighted and astonished by our lecturers sensational and flabbergasted performances. The whole staff of the college then concluded their programme by dancing to the tunes of the song 'happy ending'.

We later had a mass dance which we thoroughly enjoyed. It was a wonderful day which was made noteworthy and momentous through all the hardwork and efforts put in by all the members of the college including the students and the staff.

The memories of this event will stay in our hearts forever.



RIDA RUKIYA
II SEBA 'B'

